

THE QUIET REBEL™ MENTOR

The Quiet Business Roadmap

The Workbook

A calm, five-step path for when you are carrying too many business decisions at once. Empty your head, name what you actually want, put things in order, and take your next real step.

Empty

get it out of your head

Name

name what you want

Order

keep only what matters
now

Go

take one real step

Type into it on your screen, or print it and write by hand. Whatever helps you think.

START HERE

How to use this workbook

This is not another course to pile on top of the others. It is a way to put some of that pile down. You are not stuck because you do not know enough. You are stuck because you are carrying too many decisions at once. Over five short steps, we set them down, in order, so you can see what matters now and move.

The ENOUGH Method

Empty

STEP 1

Get everything out of your head and onto paper, so you can finally see it.

Name

STEP 2

Name the business you actually want, and the role it plays in your life.

Order

STEP 3

Sort it all into Now, Later, and Let Go. This is where the relief lands.

Go

STEP 4

Pick the one next step that matters most, and shrink it down to doable.

Clear Path

STEP 5

Pull it all onto one page you keep and return to when the noise comes back.

One step at a time. There is no rush, and nothing expires. Do each step in a quiet twenty minutes, then close the book until tomorrow.

Where are you starting from?

The Roadmap walks the same four steps for everyone. But where you are changes what matters most right now, and what you can set down for later. Find your stage below and read only that one. If you took the Quiet Business Compass, it is the stage it gave you.

STAGE 1

The Starting Line

You're here if the idea is real but the business isn't yet.

NOW

- Get your idea into one sentence: I help ___ with ___.
- Take the one step that proves it's real.

CAN WAIT

- The website, the logo, the funnel.

STAGE 2

All In, Hearing Crickets

You're here if you built it, followed the advice, and it's still quiet.

NOW

- Stop consuming for a week.
- Look at what people already ask you for.

CAN WAIT

- Another course, another strategy.

STAGE 3

Done With the Playbook

You're here if you've been burned enough to trust your gut again.

NOW

- Name three things you believe that most advice would argue with.
- Build one small thing around one of them.

CAN WAIT

- The next framework or template.

STAGE 4

Found My Groove

You're here if it's working and the pull is to add and scale.

NOW

- Protect the shape that's working.
- Before adding, name what you'd stop doing.

CAN WAIT

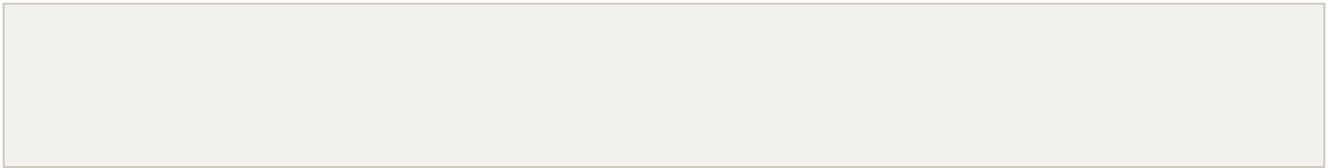
- Adding without subtracting.

The deeper build for this is Your Quiet Edge.

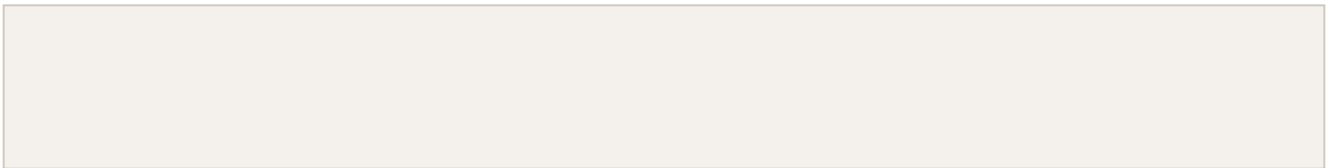
One job right now: get it out. We are not deciding, fixing, or judging any of it. Give yourself twenty uninterrupted minutes. Messy is perfect. The moment something is on paper, your head can stop holding it.

Your Decision Inventory

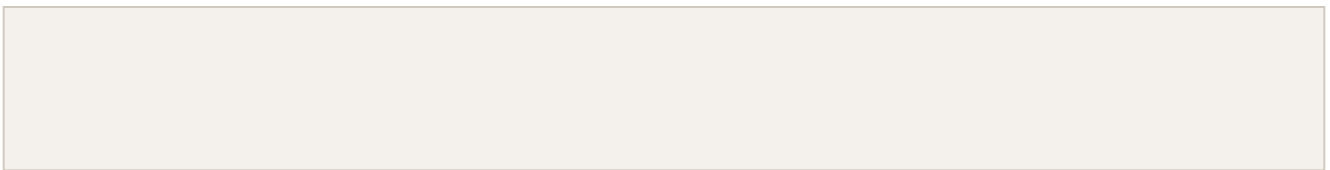
Open decisions I haven't made (things I keep going back and forth on)



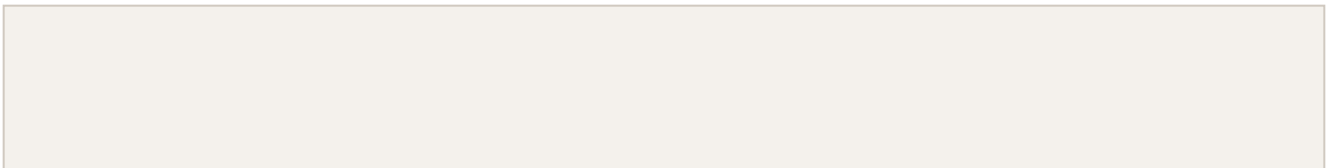
Ideas I keep circling (things I keep thinking 'maybe I should...')



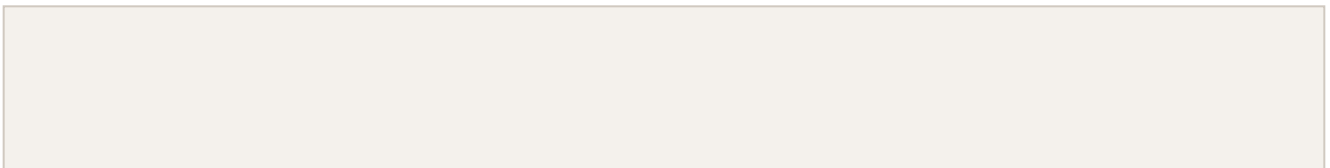
Shoulds (things I feel I ought to be doing)



Half-finished plans (things I started and didn't complete)



Worries (things about the business that nag at me)



Before we decide what matters, we name what it is all in service of. Not a mission statement. One plain sentence: what you are building, and what you want it to do for your life. Answer quickly, first instinct, not the impressive answer.

1. What do I want this business to do for my life? (money, time, meaning, freedom)

2. How much room should it take? (all-in, a full job, a few days a week, a small side thing)

3. Who is it really for?

4. What do I want to be known for, in a sentence?

Now pull it into one line. Write two or three versions. Circle the one that makes you exhale.

I'm building *and I want it to*

I'm building *and I want it to*

I'm building *and I want it to*

Take your list from Step 1 and run each item through your sentence from Step 2. Two questions per item: Does this serve the business I named? Does it need me right now? Then drop it into one column. Keep NOW short. Lean toward Later and Let Go more than feels comfortable. Nothing is lost, it is just set down.

The diagram consists of three vertical columns, each representing a different stage of a process. Each column has a header at the top and a large empty box below it.

- Column 1 (NOW):** The header is "NOW" in white text on a red background. Below the header is a large empty box with a light beige background. The text "the few that matter now" is written in a small, light gray font at the top left of the box.
- Column 2 (LATER):** The header is "LATER" in white text on a dark purple background. Below the header is a large empty box with a light beige background. The text "real, but not yet" is written in a small, light gray font at the top left of the box.
- Column 3 (LET GO):** The header is "LET GO" in white text on a gray background. Below the header is a large empty box with a light beige background. The text "stop carrying it entirely" is written in a small, light gray font at the top left of the box.

If NOW has more than about five things, move the weakest ones to Later. Be braver than feels comfortable.

You do not need to do everything on your NOW list. You need to do one thing. One real next step, small enough to finish in a sitting or across this week. Readiness comes after motion, not before it. Pick your step, put a when on it, and name what done looks like.

1. Which NOW item, if it moved, would make the biggest difference or unlock the others?

2. Shrink it. What is the first real step, small enough to finish in one sitting or this week?

3. When will I do it? (day and time)

4. Done looks like...

Write it as one line:

My next right step is

by

and done looks like

STEP 5

My Clear Path

Your whole business, clear, on one page. Keep it where you will see it. Open it before any business decision.

What I'm building your Name sentence from Step 2

What matters now your NOW list

What can wait your LATER list

What I've let go your LET GO list

My next right step from Step 4

When the noise comes back

It will. A month from now something new lands, and the old pull returns, too many decisions at once. That is not you failing. That is being a human with a business. You do not run the whole Roadmap again. You do this, and it takes about ten minutes.

Empty

Quickly get whatever is loud out of your head and onto paper.

Name

You already did this. Reread your sentence. Remember what you are building.

Order

Ask of whatever is pulling at you: does this fit? Now, Later, or Let Go.

Go

If there is a real next step, name it small and take it. If not, put it down.

Ten minutes. That is the whole maintenance. Not because the noise stops, but because you now have a way through it.

YOUR BONUS

Work the Roadmap with AI

You do not need AI to do the Roadmap. Everything you need is in these pages. But if you would like a calm walk-through partner, your bonus includes a prompt pack and a small Claude skill that guides you through the ENOUGH Method one question at a time and helps you build your Clear Path.

The Prompt Pack

Copy-and-paste prompts for each step, Empty through Go. No setup. Works in any AI chat.

The ENOUGH Method skill

A one-time add to Claude that turns the whole method into a guided conversation. An install sheet is included.

New to AI? Start with the Prompt Pack.

It is the gentlest way in, all copy-and-paste. The skill is there for when you want it.

You walked in carrying everything. You leave with one clear page.